
UNIVERSAL BELIEFS

- *I need to know what to do*
- *I don't know what to do*
- *I know what is best for others*
- *Something terrible is going to happen*
- *I need people to like me*
- *I can make a mistake*
- *People should not lie*
- *People should respect me*
- *I need to protect myself*
- *I can control how others feel about me*
- *I am not good enough*
- *I need to be different*
- *I need more money*
- *Life should be fair*
- *Parents should love their children*
- *I need to make a decision*
- *Life is difficult*
- *Death is sad*
- *Children are supposed to love their parents*
- *There is a right way to do things*
- *I can't do anything right*
- *I can cause harm to others*
- *I can disappoint people*
- *I don't want to look foolish*
- *There's too much to do*
- *There's not enough time*
- *I have to get something done*
- *I know what you need*
- *I am worthless*
- *I need a man to make me happy*
- *I should be different*
- *I missed my chance*
- *I need to be careful in life*
- *People should listen to me*
- *I am not good enough*
- *I am a failure*
- *_____ doesn't care about me*
- *I need to understand*
- *I have to do it right*
- *I did it wrong*
- *There is something wrong with me*
- *S/he rejected me*
- *S/he doesn't trust me*
- *There should not be war in this world*
- *Men should show emotions*
- *Women shouldn't be so emotional*
- *I need a partner/relationship*
- *I am not lovable*
- *People shouldn't use animals (medical research, food, etc.)*
- *The world is not a safe place*
- *People are destroying the environment*
- *People are judging me*
- *I know what they are thinking*
- *They should agree with me*
- *I have to work hard*
- *People should keep their promises*
- *Other people can hurt me*
- *I will never get it/be free/enlightened*
- *I can't get what I want*
- *Love should last*
- *Money will make me happy*